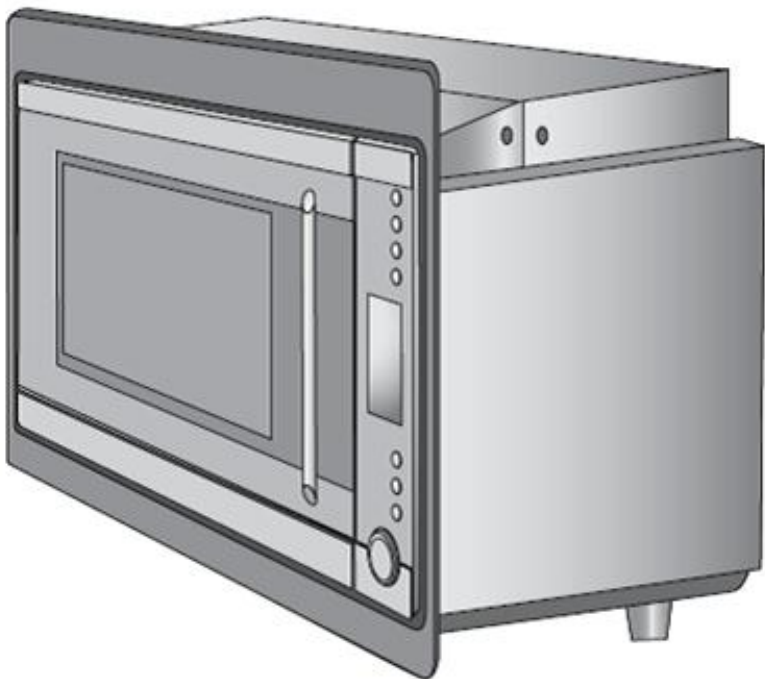


QUICK MICRO RECIPES



C. Du Plessis

**Compiled By C. Du Plessis
Homart - Phantom**

Microwave Tips.

Have you ever used your microwave to cook an entire meal? Using the microwave will not heat up your kitchen, and more nutrients are retained during the cooking process. Some foods, like vegetables, have better taste and texture. These tips and microwave recipes will make you a microwaving expert in no time.

- **Standing Time**

Every microwave recipe has a specified standing time. The dish or casserole must stand on a solid surface to retain heat and finish cooking (DON'T use a cooling rack or trivet). Remember, microwave ovens cook by making water, sugar and fat molecules vibrate, creating heat. Standing time allow heat to spread, cooking to finish, and it allows the foods temperature to stabilize and moderate.

- **Doneness Tests**

Every microwave oven will cook differently. Hot spots, differences in the stirrer blade (which circulates energy throughout the appliance), and variations in wattage all makes a difference in cooking times. Do pay careful attention to doneness tests as specified in the recipes. To be extra safe, use an instant read food thermometer to make sure your food are at safe serving temperature.

- **Food Temperature**

Most of the foods are cooked starting at refrigerator or room temperature. Using frozen foods, unless it is specified, will change the cooking time and may affect the recipe quality.

- **Quantity**

Microwave cooking times are directly related to the amounts of food being cooked. When you double the quantity of a recipe, increase cooking time by at least 50%, and check it carefully for doneness. As an example, two medium size potatoes will take 5 to 7 minutes to cook, while four potatoes take 10 to 12 minutes.

- **Food Sizes and Shapes**

Foods that are the same size and shape will cook more evenly in the microwave and will finish cooking at the same time, which means there will be no overcooked or under-

cooked sections.

Foods with thick and thin sections should be arranged so that the thin portions are toward the centre of the dish. Microwaves penetrate the food from 3/4" to 1-1/2".

- **Stirring**

Most microwave recipes direct you to stir the foods at least once during cooking time. This helps redistribute the heat so foods cook more evenly.

- **Rearranging Foods**

Solid foods like pieces of meat or large vegetables may need to be rearranged or turned over during cooking. Corners or sides of casseroles and the dishes will receive much more energy, so the foods need to be turned and rearranged for even cooking. Placing food in a ring generally assures even cooking.

- **Browning**

Foods typically don't brown in the microwave oven. Browning elements are available and may be a good investment if you do a lot of microwave cooking. Some foods, such as meats, will turn brown because of caramelization of sugars and starches in the food. You can add browning agents to foods to increase appeal. Agents include soy sauce, Kitchen Bouquet, Worcestershire sauce, seasoning mixes, cinnamon and other spices, and glazes which use sugar.

- **Covering**

Cover the food with microwave safe plastic or waxed paper if the recipe specifies. This helps hold in steam for fast and even cooking. Paper towels (do not use recycled paper towels!) are used to absorb spatters and moisture. Pay close attention to the venting instructions. Venting prevents dangerous amounts of steam from building up in the dish.

- **Shielding**

Shielding uses small pieces of foil to cover the areas of the foods which are susceptible to over-cooking. In the same way you cover the edge of a pie crust to prevent over-browning, in microwave cooking you can shield bones in meat and thinner pieces of food. Make sure foil pieces are at least 1" away from oven walls and each other to avoid arcing.

To make the best microwave recipes, you must know the watt-age of your microwave oven.

Index.

Eggs

Micro Scrambled Eggs.....	1
Omelet In A Mug.....	1
Micro Scrambled Egg.....	2
4 Easy Microwave Egg Recipes	
1.) Breakfast English Muffins	2
2.) Garlic Cod With Eggs.....	2
3.) Fridge Omelette.....	3
4.) Meringue With Mars Bar Sauce.....	3

Porridge

Micro Kreemy Meal.....	3
Micro Maltabella.....	3
Micro Oats.....	3
Micro Mealie Meal.....	4
Micro Maize Meal Porridge.....	4
Micro Crumbly Maize Meal Porridge.....	4

Rice and Pasta

Micro Rice.....	5
Microwave Rice.....	5
Microwave Rice 2.....	6
Spaghetti In The Microwave.....	6

Pizza

Micro Mini Pizza.....	7
Microwave Mexican Pizza.....	7
Microwave Pizza.....	8
How To Microwave Pizza.....	9

Vegetables

Microwave Corn On The Cob.....	10
Micro Stir Fried Vegetables.....	11
Creamy Vegetables With Pasta In White Sauce.....	11
Potatoes In The Microwave.....	12
Micro Mashed Potatoes.....	12
Barbecue Beef In A Potato Nest.....	12

Soup

Micro Wholesome Soup.....	13
Microwave Chunky Vegetable Soup.....	14
Microwave Cream Of Mushroom Soup.....	15

Meat

Barbecue Beef In A Potato Nest.....	12
Micro Meal-in-one.....	15
Micro Burgers.....	15
Micro Beef Casserole.....	16
Micro Chicken Spiced.....	16
Delicious Chicken Portions Microwaved.....	17
Chicken In The Microwave.....	17
Micro Bobotie.....	18
Micro Swedish Meatballs.....	19
Micro Mutton Curry.....	20
Micro Sausages (Pork or Beef).....	20
Micro Sausage Surprise.....	21
Micro Sausage Pliat.....	21
Micro Fish Bake.....	22
Micro Grilled Fish.....	22
Micro Poached Fish.....	23
Micro Fishermans Hot Pot.....	23
Micro Hake With Mushroom Sauce.....	24
Micro Salmon Moulds.....	24

Gravies, Sauces and Dips

Chicken Taco Dip.....	26
Micro Brown Gravy.....	26
Micro White Sauce.....	26

Sweets

Marshmallows In The Microwave.....	27
Vanilla Fudge In The Micro.....	27
Micro Peanut Butter Fudge.....	28

Tips

Using Your Oven.....	30
Care And Cleaning.....	31

***QUICK
MICRO
RECIPES***

C. Du Plessis

Eggs.

Micro Scrambled Eggs.

Eggs Amount	Tablespoons Milk	Teaspoons Butter	Power at 70% Time
1	1	1	50 - 60 seconds
2	2	2	2 - 2 1/2 minutes
4	4	4	3 1/2 - 4 minutes
6	6	6	5 - 6 minutes

Use a 300 g microwaveable dish for 1 to 2 eggs.

Use a 1 litre microwaveable dish for 4 to 6 eggs.

Method:

- 1.) Put the butter in the dish and cook for 20 to 40 seconds at 100% or till the butter is melted.
- 2.) Mix eggs and milk together, using a fork, till it is well mixed then add to the melted butter.
- 3.) Cook uncovered as shown in the table above.
- 4.) Break up and stir the eggs, using a fork, halfway through the cooking time.
- 5.) Cover with wax paper and let it stand for 1 to 3 minutes.
- 6.) Stir and add spices to taste.

Omelette In A Mug.

Ingredients:

- 2 Eggs lightly beaten
- 3 Tablespoons shredded cheddar cheese
- 2 Tablespoons diced fully cooked bacon
- 1 Tablespoon diced green peppers
- Salt and pepper to taste

Directions:

- 1.) In a microwave-safe mug coated with cooking spray, combine all ingredients.
- 2.) Microwave, uncovered, on high for 30 - 40 seconds and stir.
- 3.) Cook 30 - 60 seconds longer or until eggs are completely set.

3) Fridge Omelette.

Take all those left over bits of veg, ham, bacon and any other left overs in your fridge. Put them in a microwave dish and add two or three eggs and microwave it on full power for one and a half minutes. This should use up your left overs and give you a tasty fun snack.

4) Meringue With Mars Bar Sauce.

Take two egg whites and add sugar or a sweetener, whisk the two together until the mixture turns into white peaks. Butter a microwave dish and spoon in three or four blobs of the mixture. Microwave on full power until it puffs up. Take out of the microwave and leave to finish cooking through. Chop up a mars bar and put it in a microwave safe bowl. Cook on full power until it melts. Pour the sticky mess over the puffed up meringues and consume rapidly. Be careful as the melted mars will be very hot.

Porridge.

Micro Kreemy Meal.

62 ml Kreemy meal (1/4 cup)
187 ml cold water (1/4 cup)
salt to taste

Method:

- 1.) Mix ingredients together.
- 2.) Cook 2 minutes on HIGH. Stir well after 1 minute.

Micro Maltabella.

125 ml Maltabella 250 ml cold water
salt

Method:

- 1.) Mix ingredients together.
- 2.) Cook for 4 minutes on HIGH. Stir well after 2 minutes.

Micro Oats.

Makes 1 portion

83 ml (1/3 cup) oatmeal 100 ml water

90 - 100 ml milk
3 ml Stork margarine

2 ml salt

Makes 4 portions

250 ml oatmeal
250 ml milk
5 ml Stork margarine

500 ml water
5 ml salt

Method:

- 1.) Mix all ingredients together and microwave for 1 - 2 min on HIGH.
- 2.) Stir once during cooking.

Micro Mealie Meal.

250 ml mealie meal
5 ml salt

1 250 ml boiling water
5 ml Stork margarine

Method:

- 1.) Melt margarine in boiling water.
- 2.) Gradually stir water into meal and salt. Mix well together.
- 3.) Cover with plastic, cook 5 min on HIGH. Stir after 3 minutes.

Micro Maize Meal Porridge.

Also known as “Stywe pap”.

250 ml mealie meal
salt

400 ml boiling water

Method

- 1.) Gradually add boiling water to maize meal. Stir continuously.
- 2.) Add salt to taste.
- 3.) Microwave at 70% for 5 minutes. Stir occasionally during cooking. Cover with glad wrap to allow to steam.

Micro Crumbly Maize Meal Porridge.

This is also known as “Krummel pap”.

Serves: 4 to 6

500 ml cold water
1 tin (410 g) sweet corn drained (optional)

7 ml salt

250 g (500 ml) maize meal

Method:

- 1.) Spray a 1 1/2 liter microwaveable dish with a non-stick spray.
- 2.) Add the water, maize meal and salt. Stir till well mixed.
- 3.) Cover with the lid or with cling wrap with a couple of holes poked into it.
- 4.) Microwave for 5 minutes at full power (100%).
- 5.) Stir with a big fork till crumbly, cover again and microwave for another 5 minutes at full power .
- 6.) Stir again till crumbly with a big fork, cover again and microwave it for 10 minutes at half power (50%).
- 7.) Add the sweet corn and stir it again with the fork.

Rice and Pasta.

Micro Rice.

Serves: 4

200 g (250 ml, 1 cup) rice 625 ml (2 1/2 cups) water
5 ml (1 teaspoon) salt
1/2 cup sweetened, whipped cream

Method:

- 1.) Combine rice, water and salt in a microwave dish. Cover.
- 2.) Microwave on high for 10 minutes, reduce to defrost power level and microwave for another 15 to 17 minutes.
- 3.) Let stand for 5 minutes.
- 4.) Fluff with a fork before serving.

Microwave Rice.

Serves: 6

1 cup (250 ml) uncooked rice 5 ml (1 teaspoon) salt
2 1/2 cups (625 ml) water

Method:

- 1.) Put the water, rice and salt into a microwave dish.
- 2.) Microwave it on medium/high for 20 minutes and allow it to stand until all the water has been absorbed (about 5 minutes).

Microwave Rice.

Put 1 cup of rice in a dish with 2 1/4 cups of boiling water.
Cover and cook on medium power for 6 minutes.
Take out, add curry or spice of choice.
Stir then put back in for another 6 minutes.
Watch it doesn't boil over.
Stand for 5 minutes before serving.

Spaghetti In The Microwave.

This casserole not only cooks in the microwave oven, but you can reheat it in that appliance too.

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Serves: 6

450 g lean ground beef	1 onion, chopped
2 cloves garlic, minced	800 g jar spaghetti sauce
2 cups water	1 tsp. dried basil leaves
227 g spaghetti pasta, broken into pieces	
1/2 cup grated Parmesan cheese	

Method:

- 1.) In a 2.8 litre microwave safe casserole, place the beef and onions, crumbling beef to break into small pieces.
- 2.) Microwave on high for 3 to 4 minutes, stirring once to break up meat.
- 3.) Microwave on high for 2 more minutes and drain off any fat.
- 4.) Add spaghetti sauce, water, basil and uncooked spaghetti. Mix gently to combine.
- 5.) Cover with lid and microwave on high for 5 minutes. Stir well.
- 6.) Cover casserole again and microwave on high for 8 to 10 minutes longer. Stir well.
- 7.) If you want to freeze this dish, then do it now (see freezing).
- 8.) If not freezing, sprinkle with cheese, cover again and microwave on high for 7 to 8 minutes longer until spaghetti is tender.
- 9.) Let stand 4 minutes before serving.

Freezing

If you want to freeze this dish (step 7), then at this point cool the casserole in the refrigerator.

Wrap it well, label, and attach a freezer bag with the grated Parmesan cheese inside.

Freeze up to 3 months.

To thaw and reheat, thaw overnight in refrigerator.

Cover casserole with microwave safe paper towel and microwave on medium for 7 to 8 minutes until warm.

Sprinkle cheese and continue as directed in step 8 and step 9.

Pizza

Micro Mini Pizzas.

Prep/Cook Time: 5 min.

Serves: 2

Ingredients:

1/2 cup Pepperoni Hearty Meat Pasta Sauce*

4 slices Italian bread, 1.25 cm thick, toasted

1/4 cup shredded mozzarella cheese

Method:

1.) SPREAD about 2 tbsp. pasta sauce on each bread slice. Top with cheese. Place on microwave-safe plate.

2.) MICROWAVE on HIGH 1 min. or until cheese is melted.

** Also delicious with Italian Sausage and Garlic and Mini-Meatball.*

Microwave Mexican Pizza.

Ingredients:

1/4 Cup low-fat mozzarella 2 fat-free tortillas

1/4 Cup low-fat cheddar cheese 1/2 Cup salsa

2 tablespoons low-fat sour cream

Preparation and Cooking Instructions:

Lay out 1 tortilla, and spread evenly with cheese.

Microwave on High for 30 seconds and place second tortilla over the first.

Microwave again for 40 seconds.
Mix sour cream and salsa, and spread over top.
Cut and eat.

Microwave Pizza.

Micro 1

- 1.) On a microwave safe plate, put one row/circle of crackers, about a dozen.
- 2.) Put a spoonful of sauce on each cracker.
- 3.) Sprinkle shredded cheese on each cracker.
- 4.) Add any other topping you want, a piece of pepperoni, a slice of mushroom, or a bit of chopped onion.
- 5.) Cook in the microwave for 1 minute.
- 6.) Check the cheese. If the cheese is melted, you are ready to enjoy. If the cheese is not, put the pizza snacks back in the microwave for 30 seconds.

Micro 2

Buy a pizza base. It is available mostly in all the departmental stores. Take the pizza base and do all the toppings whatever you need.

For making the toppings you will need the following:

- (a) Few cut pieces of Tomato.
 - (b) Cut slices of onions
 - (c) Pour tomato sauce in it.
 - (d) Add salt if needed
 - (e) Don't forget to add cheese. It is the must.
- Now place everything in a microwave. Set the time for at least 4 to 5 minutes.

Delicious pizza is ready. Start eating And enjoy!!

Micro 3

- 1.) Buy a pizza base on top of it put a base coat of sauce and cheese.
- 2.) Take chopped tomatoes, capsicum, olives, and put it over the base to make it spicy.
- 3.) Add chopped chilli's.
- 4.) After this the most important, add grated pizza cheese as much as u want.
- 5.) Cook in the microwave at 1 minute intervals till all of the cheese has melted.

6.) Serve it hot with ketchup.

Micro 4

Buy a pizza bread and then put on all the toppings, place it in the microwave and microwave.

How to Microwave Pizza Without the Crust Going Soggy

You might have asked yourself several times how do you micro-wave last night's pizza without the entire thing going soggy.

Well, just a few simple steps and the push of a few buttons, and you're ready to go!

- 1.) Fold four pieces of paper towel into a stack.
- 2.) Place the paper towel stack onto a microwave-safe plate.
- 3.) Place the pizza onto the paper towel and place the plate into the microwave.
- 4.) Set the timer for 45 seconds, keeping an eye on the pizza.
- 5.) Remove the plate from the microwave when the time is up.
- 6.) Discard the paper towel, and check the pizza. If you are not satisfied with it, repeat steps 2 - 6.

Tips

- Make sure your microwave is set on high.
- A microwave with a revolving tray works the best to cook the pizza thoroughly and evenly.
- Not all pizzas cook the same so keep a close eye on the pizza.
- Time may vary depending on the power of your microwave.
- Don't use the same paper towel if you choose to reheat the same pizza again, because it will still be moist.
- Let the pizza sit for 30 seconds and reheat quickly for a more firm crust.
- Take a 30 cm or smaller Teflon fry pan and heat a teaspoon of vegetable or olive oil in it, after microwaving the pizza or piece of pizza for 30 seconds, finish off in the fry pan to your likeness, always a crispy crust.

Warnings

- Don't use tin foil in the microwave, or any sort of metal.
- Be careful; the food may be hot.
- Don't get frustrated if your pizza comes out soft, the microwave is just a quick solution.

Vegetables.

Microwave Corn On The Cob.

There's no shorter path between you and delicious, piping hot corn on the cob, than via the micro-wave! This microwave corn on the cob recipe will show you the tips and tricks you need for perfect corn every time. Once you try it, you'll never go back to boiling again!

Step 1: Materials

Corn on the cob - un-shucked	Towel
Paper towel or plate	Microwave

Step 2: Microwave corn

Place ear(s) of corn on paper towel in microwave.

For 1000 watt microwave, nuke corn for time according to the following table.

Halfway through cooking time, turn ears over and rearrange.

- 1 ear - 1 1/2 minutes
- 2 ears - 3 to 4 minutes
- 3 ears - 5 to 6 minutes
- 4 ears - 7 to 8 minutes
- 6 ears - 8 to 9 minutes

For 700 watt oven, use the following table:

- 1 ear - 2 minutes
- 2 ears - 4 to 6 minutes
- 3 ears - 7 to 8 1/2 minutes
- 4 ears - 8 1/2 to 10 minutes
- 6 ears - 10 to 12 minutes

Step 3: Wrap it up

Wrap hot corn in a clean dish towel and let sit for five minutes.

Don't worry, it'll still be hot when you unwrap it - trust me.

Also, all of the husk and silk simply slide right off the cooked cob! Much easier than trying to peel it all first.

Step 4: EAT

Shuck the corn (much easier now it's cooked) and de-tassel.

Season to taste. Serve up with some other fresh, favourites.

With tomatoes and cucumbers for a light summer meal.

Micro Stir Fried Vegetables.

Ingredients

1 cup julienned vegetables mixed (carrots, beans, cabbage, cauliflower, peas, onions, potatoes, etc.)
1/2 tsp. crushed ginger, garlic 1 tbsp. butter
2 tbsp. water 1 tsp. corn flour
salt to taste pepper to taste
1/2 tsp. soya sauce 1 sprig spring onion

Method

- 1.) Wash cut vegetables and drain excess water.
- 2.) Mix the corn flour in the water.
- 3.) In a 15 cm microwave proof bowl, place butter.
- 4.) Add the ginger/garlic.
- 5.) Melt in microwave for 2 - 3 seconds.
- 6.) Add vegetables stir, cover with a loose lid.
- 7.) Microwave on high for 3 minutes.
- 8.) Remove, add corn flour paste, salt, pepper, soya sauce, stir.
- 9.) Put back in oven and cook a further 1 minute on high.
- 10.) Garnish with a sprig of chopped spring onion and serve steaming hot.

Creamy Vegetables With Pasta In White Sauce.

a packet of McCain Creamy Vegetables & Pasta in a White Sauce (500 g)
125 ml water

Method:

- 1.) Place the vegetable mixture in a microwave proof dish (do not defrost beforehand).
- 2.) Add water and stir well. Cover with cling film, pierce the covering and microwave on 100 per cent power for 6 to 8 minutes, depending on the capacity of your oven. Stir halfway through the cooking time.

Serving suggestions:

- 1.) Cook a few bacon rashers under the oven grill or in a heated pan until crisp, chop or crumble and add to the vegetable and pasta mixture.

2.) Add leftover chicken, deboned and cut into pieces, to the vegetable and pasta mixture.

Potatoes In The Microwave.

4 medium-sized potatoes

Method:

- 1.) Wash the potatoes well and prick with a fork.
- 2.) Place on a plate and cover with cling wrap. Make holes in the cling wrap with the fork.
- 3.) Put in the microwave and cook for 10 minutes at HIGH (100 percent) till soft and cooked.

Hint:

- Cut potatoes open and put in a filling.
- Brown in the oven.

Micro Mashed Potatoes.

You can use either peeled or unpeeled for this technique.

Cut the potatoes into 2.5 cm cubes.

Place the cut-up potatoes in a microwave-safe dish and cover the dish with plastic wrap, folding back one corner to vent.

Microwave on high power just until tender.

It takes 7 to 8 minutes to micro-cook 600 grams (four medium) cut-up potatoes in a 700 to 800 watt microwave oven. Adjust times to your own oven.

Mash the potatoes with a potato masher or electric mixer (do not use a food processor), mixing in some butter and then some milk until you reach the consistency you like.

Season with salt and pepper.

Now that you know how to micro-mash, make a quick dinner using the Barbecue Beef in a Potato Nest recipe.

Barbecue Beef In A Potato Nest.

Serves: 4

Ingredients:

600 grams (4 medium) potatoes, cut into 2.5 cm cubes
1 small red or green bell pepper, seeded and finely chopped
2 cups sliced mushrooms 1 tablespoon vegetable oil

450 grams lean ground beef 3/4 cup barbecue sauce
2/3 cup 2 percent milk, (approx.) salt and pepper, to taste
1/4 cup thinly sliced green onions

Method:

- 1.) Place potatoes in microwave-safe dish. Cover dish, folding back one corner to vent; microwave on high power for 7 to 8 minutes, just until tender.
- 2.) Meanwhile, heat oil in large non-stick skillet over medium-high heat.
- 3.) Add bell pepper; cook 5 minutes, tossing often. Add mushrooms; cook and toss 2 minutes. Break up and add beef; cook and toss until beef loses pink colour. Mix in sauce.
- 4.) Mash the potatoes; gradually beat in milk until the desired consistency is reached.
- 5.) Mix in onions; season with salt and pepper.
- 6.) Divide potatoes equally onto four serving plates.
- 7.) Make an indentation in the middle of each mound; fill with beef mixture, dividing equally.

Variations:

Mashed Potatoes Benedict. Season mashed potatoes with dried parsley. Sauté diced, cooked ham and thawed, frozen cut green beans. Mix in prepared hollandaise sauce. Season with salt and pepper. Heat to simmering. Serve mixture in mashed potato “nests.”

Mashed Potatoes Creole. Season mashed potatoes with dried basil. Sauté the smoked sausage slices and green bell pepper squares. Mix in stewed tomatoes and tomato sauce. Season with salt and cayenne pepper. Heat to simmering. Serve mixture in mashed potato “nests.”

Soup.

Micro Wholesome Soup.

Ingredients

1 cup mixed vegetables diced fine
1/4 tsp. each ginger, garlic crushed
2 tsp. corn flour mixed in 1/4 cup water
1/2 tsp. green chilli sauce 3 cups water

1/4 tsp. soya sauce 1 tbsp. grated cheese
2 to 3 nutri nuggets or 1/2 tbsp. crushed vermicelli or 1 slice
bread toasted lightly
salt to taste

Method

- 1.) Place vegetables and water, in a deep microwave proof dish.
- 2.) Microwave on high for 3 minutes.
- 3.) Mix the corn flour paste, sauces, salt, ginger, garlic together.
- 4.) Add to the soup, mix well.
- 5.) Crush bread, nuggets or vermicelli, before adding to the soup.
- 6.) Add and mix thoroughly.
- 7.) Microwave on high for 3 minutes, stirring once in between.
- 8.) Sprinkle some grated cheese on top.
- 9.) Serve steaming hot with warm garlic rolls or bread.

Variation:

Add tiny pasta instead of nuggets or vermicelli.
Chop vegetables big instead of fine, for a more fibrous soup.

Microwave Chunky Vegetable Soup.

60 g butter	2 large carrots, chopped
2 large celery sticks	4 courgettes, sliced
1 large onion, chopped	400 g tomatoes
1 bay leaf	2 ml dried thyme
500 ml vegetable stock	Salt

freshly ground black pepper
1 medium potato, peeled and chopped
400 g butter or broad beans drained and rinsed

Method:

- 1.) Place butter in a deep 3 litre microwave-proof bowl and cook, covered with kitchen paper, on HIGH for 2 minutes, or until melted.
- 2.) Add vegetables, herbs and seasoning to melted butter and stir to combine.
- 3.) Cook covered, on HIGH for 7 to 9 minutes, until vegetables are tender, stirring twice.
- 4.) Add stock, tomatoes with their liquid and beans to the vegetable mixture, stirring to break up the tomatoes.
- 5.) Cook, covered on HIGH for 5 minutes, or until piping hot.

6.) Discard bay leaf and serve hot with Savoury seed scones.

Microwave Cream Of Mushroom Soup.

50 g butter or margarine	1 onion, chopped
250 g mushrooms, sliced	60 ml parsley, chopped
5 ml black pepper	50 ml cake flour
500 ml vegetable or chicken stock	250 ml cream
50 g Cheddar cheese, grated	20 ml sherry

Method:

- 1.) Melt butter for 1 minute at 100 percent power.
- 2.) Stir in the onion, mushrooms, parsley and black pepper.
- 3.) Cover and microwave for 5 minutes at 100 percent power.
- 4.) Stir twice during the cooking process.
- 5.) Add the flour and chicken stock and cook for 2 minutes at 100 percent power.
- 6.) Add the cream, sherry and cheese and stir well.
- 7.) Microwave it for 2 minutes at 100 percent power.

Meat.

Micro Meal-in-one.

± 900 g topside or roll of beef and beef marinade
4-5 medium potatoes and 25 ml oil
190 ml rice and 500 ml water
250 g raw or frozen carrots and 25 ml water
250 g raw or frozen beans and 25 ml water

Method:

- 1.) Marinade beef for 1 hour.
- 2.) Place meat in cooking bag.
- 3.) Place vegetables, potatoes and rice in separate bags.
- 4.) Place cooking bags on turntable. Place meat on rack.
- 5.) Cook for 40-45 minutes on HIGH.

Micro Burgers.

Serve: 4

Ingredients:

1/4 cup milk	1 beaten egg
1/2 teaspoon salt	Dash pepper

1 pound lean ground beef Kitchen Bouquet
4 hamburger or frankfurter buns
2 teaspoons instant minced onion
3/4 cup soft bread crumbs (1 slice)

Directions:

- 1.) In bowl combine milk and onion; let stand 5 minutes.
- 2.) Add egg, bread crumbs, salt, and pepper.
- 3.) Add ground beef; mix well.
- 4.) Shape into four 7.5 cm patties or four 15 cm logs.
- 5.) Arrange meat in 20 x 20 cm baking dish.
- 6.) Micro-cook, covered, for 3 minutes, giving dish a half turn once. Drain off all juices.
- 7.) Micro-cook, covered, till meat is done, 2 to 3 minutes more, turning dish once.
- 8.) Brush patties with kitchen Bouquet.
- 9.) Serve in buns with catsup or barbecue sauce, if desired.

Micro Beef Casserole.

1 kg stewing steak	35 g seasoned flour
30 ml oil	2 ml salt
1 clove garlic	1 strip orange zest
1 bay leaf	15 ml tomato puree
12 whole small onions, peeled	10 ml Worcester sauce
2 ml freshly ground black pepper	700 ml beef stock
10 ml fresh herbs, finely chopped or	5 ml dried herbs

Method:

- 1.) Cut beef in cubes. Toss meat in seasoned flour until coated.
- 2.) Pour the oil into a casserole dish, micro at 100% power for 2 minutes, stir in the meat.
- 3.) Microwave at 100% power 8 minutes, stirring twice during cooking.
- 4.) Stir in the remaining ingredients, microwave covered 50% power until tender about 1 hour 45 minutes.
- 5.) Adjust seasoning if necessary.
- 6.) Stand for 20 minutes before serving.

Micro Chicken Spiced.

Ingredients:

10 ml salt	5 ml lemon pepper
2 ml Fondor/Aromat	5 ml paprika
5 ml chicken spice	3 ml mixed herbs

Method:

- 1.) Rub spices over chicken pieces.
- 2.) Place in cooking bag on paper plate.
- 3.) Pierce a few holes in top of bag (to allow steam to escape).
- 4.) Cook for 25 minutes on HIGH.

Note:

Cook breast-side down first – this helps to keep the breast area nice and moist.

Delicious Chicken Portions Microwaved.

Ingredients:

1 medium chicken	salt and pepper
25 ml tomato sauce	25 ml chutney
25 ml Worcester sauce	25 ml mayonnaise
12.5 ml sunflower oil	5 ml curry powder
4 ml mustard powder	

Method:

- 1.) Wash and cut the chicken in portions.
- 2.) Season with salt and pepper and put in a medium dish.
- 3.) Mix the rest of the ingredients and pour the mixture over the chicken.
- 4.) Cover the chicken and microwave it for 15 minutes at 100% power.
- 5.) Uncover the chicken, turn the portions over and microwave uncovered at 100% power for another 15 minutes or until done.
- 6.) Let it stand for a few minutes.
- 7.) Serve with rice or mashed potato.

Chicken In The Microwave.

Defrost chicken (450 gram) for 5 to 6 minutes. Microwave at high (100%) as shown below.

- 1 portion - 2 1/2 to 5 1/2 minutes
- 2 portions - 5 1/2 to 8 minutes
- 3 portions - 6 to 8 1/2 minutes
- 4 portions - 8 1/2 to 12 minute

Add herbs and spices halfway through cooking process.
Times may vary in different ovens.

Micro Bobotie.

700 g Mince (Top Side)	2 teaspoons salt
teaspoon pepper	2 teaspoons paprika
6 teaspoons onion flakes	1 cup cold water (250 ml)
12 teaspoons Soya Sauce	2 cups milk (125 ml)
2 slices of bread (white, brown)	1 teaspoon turmeric
3 tablespoons Tomato Sauce	
2 teaspoons Curry Powder	
2 tablespoons smooth Apricot Jam	
2 cups currants (washed, drained)	
1 tablespoon white vinegar	

Crust

62 ml Milk (room temperature)	2 teaspoons turmeric
2 teaspoons salt	1 egg (large)

Place all ingredients into a bowl and beat well together.

Bobotie Dish: 25 cm long by 16 cm wide by 5 cm deep

Method:

- 1.) Into a suitable container mix together the mince, salt, pepper, paprika onion flakes, soya sauce, water and tomato sauce.
- 2.) Cover with cardboard plate and cook on full power for \pm 9 minutes. Stir occasionally.
- 3.) While cooking the mince place the bread into a suitable container. Pour the milk over the bread. Allowing the milk to soak into the bread.
- 4.) After cooking mince add the bread, curry powder, turmeric, apricot jam, currents and vinegar to the cooked mince and mix well together.
- 5.) Grease the bobotie dish. Place the above mixture into the dish. Level out distributing the mixture evenly in the dish.
- 6.) Cook on FULL power for 8 minutes.

Crust:

- 7.) While cooking the mince prepare crust.
- 8.) After cooking the mince pour the prepared beaten crust mixture over the hot mince distributing the crust mixture evenly.

- 9.) Place dish off centre in the microwave oven and cook it on roast \pm for 5 minutes.
- 10.) After cooking tilt the dish distributing any uncooked egg to the sides of the dish.
- 11.) Cook on roast for + 5 minutes.
- 12.) After cooking sprinkle with paprika and dried parsley.
- 13.) If not set cook on full power for \pm 4 minutes.
- 14.) Serve.

Micro Swedish Meatballs.

Serves: 2

Meatballs:

1 slice soft white bread, crumbled	1/4 lb. ground beef
2 teaspoons milk	1/8 teaspoon salt
3/4 teaspoon dried minced onion	Dash pepper

Sauce:

1 tablespoon flour	1/4 cup hot water
Dash salt	Dash pepper
1/8 teaspoon ground nutmeg	1/2 cup milk
1/2 teaspoon instant beef bouillon granules	
1/2 teaspoon dried parsley flakes	
Hot cooked egg noodles (optional)	

Method:

In small mixing bowl, mix all meatball ingredients.
 Shape into 8 meatballs and arrange around edge of 1 litre All-Purpose Dish. Cover.
 Microwave at High for 1 to 1 1/2 minutes, or until meatballs are no longer pink, turning over once.
 Drain, reserving 1 tablespoon drippings.
 In Pyrex 1 litre liquid measuring cup, mix flour, bouillon granules, parsley flakes, nutmeg, salt and pepper.
 Blend in the water and reserved drippings. Stir in the milk.
 Microwave at High for 3 1/2 to 4 1/2 minutes, or until the mixture slightly thickens, stirring after the first minute and then every 30 seconds.
 Pour sauce over meatballs. Cover.
 Microwave at High for 2 to 3 minutes, or until meatballs are firm and centres are no longer pink, stirring once. Serve.

Micro Mutton Curry.

Mutton curry with dried fruit.

Serves: 4

75 g dried apple rings, chopped	75 g dried apricots
50 g prunes, pitted	300 ml water
100 g onion, finely chopped	30 ml oil
100 g onion, thinly sliced	2 cloves garlic, crushed
10 ml Garam masala	50 ml peach chutney
15 ml medium curry-powder	2 ml dried thyme
5 ml cumin seeds, crushed	45 ml flour
1 kg stewing lamb, cubed	500 ml mutton or beef stock
5 ml peeled and finely chopped fresh ginger	

Method:

- 1.) Soak the dried fruit in water for two hours or microwave it, covered, on 100 percent power. five minutes. Leave to stand 10 minutes.
- 2.) In a casserole dish place the oil, onion, garlic and ginger. Microwave on 100 percent power, five minutes, stirring once.
- 3.) Stir in masala, curry-powder, thyme and the cumin seeds. Microwave on 100 percent power, one minute.
- 4.) Stir in lamb and microwave on 100 percent power for six minutes, stirring twice.
- 5.) Stir in flour. stock and chutney. Cover, microwave on 50 percent power, 40 minutes.
- 6.) Stir in dried fruit. Cover, microwave on 50 percent power until meat is tender, 45 minutes. Leave to stand 30 minutes.

Serving suggestions:

Serve with rice, poppadums' chutney and diced fruit.

Micro Sausages (Pork or Beef).

500 g sausages

Method

- 1.) Heat Browning Dish for 6 minutes on HIGH.
- 2.) Prick sausages. Place in browning dish.
- 3.) Microwave for 2 minutes on HIGH.
- 4.) Turn sausages over and microwave for a further 6 minutes on HIGH.

Micro Sausage Surprise.

300 g potatoes, cooked and mashed
200 g spinach, cooked and creamed
50 ml milk
100 g cheese, grated
250 g chipolata sausages

25 g butter
30 ml oil
1 onion, sliced

Method:

- 1.) Into the mashed potatoes beat the milk, butter and half the cheese.
- 2.) Preheat a browning dish in accordance with the manufacturer's instructions.
- 3.) Add the oil, swirl to coat base.
- 4.) Press in the chipolata sausages and micro at 100% power for ± 2 minutes, turn sausages over, add onion, microwave at 100% power for 2 to 3 minutes.
- 5.) In a serving dish, layer the creamed spinach, onion and the mashed potatoes.
- 6.) Push sausages diagonally into potato so the tops protrude slightly.
- 7.) Sprinkle with remaining cheese.
- 8.) Microwave at 100% power to heat; ± 6 minutes.
- 9.) Cover sausages with a small piece of aluminium foil to prevent over browning.
- 10.) Place dish under grill to brown.
- 11.) Serve with hot baked beans and grilled tomato halves.

Micro Sausage Plait.

300 g puff pastry (bought or homemade)
500 g Sausage meat
1 onion, chopped
5 ml mixed herbs
salt and pepper
egg for glazing

100 g mushrooms, sliced
10 ml margarine
30 ml tomato puree
10 ml Worcester sauce

Method:

- 1.) Microwave mushrooms, onion and margarine on high for 3 minutes. (Stir after 1 minute.)
- 2.) Add meat and cook for 5 minutes on HIGH. Add seasoning and allow to cool.

- 3.) Roll pastry into rectangle 35 cm x 20 cm. Trim the edges. Make cuts at an angle 5 cm apart.
- 4.) Place cool filling down the centre of the pastry.
- 5.) Take a strip of pastry from each alternate side, plait across the filling.
- 6.) Place on baking sheet and brush with beaten egg.
- 7.) ELECTRONIC CONVECTION - Bake 20 to 25 minutes on low mix bake 230°C.
- 8.) JET CONVECTION - Cook for 15 minutes on simul cook roast on 230°C, microwave medium (50%).

Micro Fish Bake (very tasty).

750 g Sea Harvest hake/Kingklip	a few peppercorns
2,5 ml salt	1 bay leaf
30 ml sandwich spread	50 ml cream
125 ml mayonnaise	50 ml chopped gherkin
75 ml Kellogg's crumbs	paprika
150 ml grated cheddar cheese	
100 ml white wine or 62 ml lemon juice	

Method:

- 1.) Place the fish in a glass dish. Season, add peppercorns and the bay leaf. Sprinkle with wine.
- 2.) Cover with a lid or vented plastic wrap and cook it for 5 minutes on HIGH.
- 3.) Pour off liquid and leave fish to stand for 3 minutes.
- 4.) Mix mayonnaise, cream, gherkin and sandwich spread. Pour it over the fish and sprinkle crumbs over.
- 5.) Cook a further 2 minutes on HIGH. Sprinkle it with cheese and cook for 3 minutes on HIGH or until cheese is melted.
- 6.) Sprinkle with paprika.

Serving suggestion:

Serve garnished with tomatoes and parsley.

Micro Grilled Fish.

Fish fillets	50 ml margarine melted
fish spice	7 ml lemon juice
Royal coat and cook crumbs	

Optional: Mix melted margarine and lemon juice, sprinkle over

the fish and season it with herbs.

Method:

- 1.) Dry each fillet well. Combine the lemon juice, spice and the margarine; coat fish well.
- 2.) Coat fish with crumbs, place on wax paper and leave to set in fridge.
- 3.) ELECTRONIC CONVECTION - Preheat Convection oven to 250°C, place fish on high rack and cook for 15 to 20 minutes at 250°C.
- 4.) JET CONVECTION - Place on high rack and GRILL it for 15 to 18 minutes, depending on the thickness of the fish.

Micro Poached Fish.

500 g Sea Harvest fish fillets, thawed
125 ml white wine, milk or tomato juice
salt and pepper peppercorns
bay leaf onion

Method:

- 1.) Place the fish in a glass dish, sprinkle with salt, pepper and lemon pepper.
- 2.) Add rest of ingredients. Cover with plastic wrap and cook 4 to 6 minutes on HIGH.

Micro Fisherman's Hot Pot.

500 g Kingklip (or firm white fish), filleted, skinned and boned
40 g flour 750 g potatoes, peeled
15 to 30 ml lemon juice salt
freshly ground black pepper 60 g onion, thinly sliced
25 g butter 250 ml milk
150 g Cheddar cheese, grated
225 g fresh button mushrooms, wiped and sliced or canned mushrooms

Method:

- 1.) Cube the fish and toss in 25 g flour.
- 2.) Par cook the potatoes (add enough water to cover 2/3 of the potatoes, cover and microwave on 100% power, 12 15 minutes).
- 3.) Cool and slice thinly. Arrange 1/3 of the potatoes on the base of greased casserole dish, cover with 1/2 the fish and sprinkle

with lemon juice and season. Top with 1/2 the onion and 1/2 the mushrooms. Layer the ingredients once more.

4.) In a separate bowl melt the butter.

5.) Stir in the remaining flour. Stir in the milk and microwave on 100% power until thickened, about 3 minutes, stirring it once during cooking.

6.) Stir in 1/2 the cheese and season to taste.

7.) Pour the sauce into a casserole dish, top with the remaining potato slices, sprinkle with remaining cheese.

8.) Cover and bake on SIMULCOOK, 1/2 way through the cooking time remove the lid to crisp and brown the potatoes.

9.) SIMULCOOK MED 250°C ± 20 minutes or COMBINATION HI MIX 220°C ± 25 minutes.

Micro Hake With Mushroom Sauce.

15 ml butter/ margarine

1 medium onion, grated

1 kg hake fillets

Aromat, salt and pepper

300 ml water

chopped parsley

paprika

1 packet Country style mushroom soup powder

50 g (125 ml) grated cheddar cheese

Method:

1.) Microwave butter/margarine in browning dish for 2 minutes on HIGH.

2.) Add onions. Stir and microwave for ± 3 minutes on HIGH.

3.) Cut fish into smaller portions and add to onions. Season.

4.) Place soup powder and water in a jug. Blend well. Microwave on HIGH until boiling (± 2 min). Stir once.

5.) Pour over the fish. Sprinkle with grated cheese. Sprinkle paprika and parsley on top. Cover and microwave on HIGH for 10 to 12 minutes.

Micro Salmon Moulds.

White sauce

25 ml margarine

37,5 ml flour

1 ml salt

250 ml milk

Garnishing

Sliced/chopped lettuce, tomatoes, cucumber (salad dressing)

Salmon

250 g pink Salmon (canned)
12,5 ml margarine
2 medium eggs (beaten)
1 medium onion (chopped)

5 ml dried parsley
12,5 ml lemon juice
salt and pepper to taste

4 Flan moulds + 10 cm in diameter by + 3 1/2 cm deep

Method:

White Sauce

- 1.) Place the margarine into a suitable container and cook on FULL power until melted.
- 2.) After cooking remove dish from Microwave Oven.
- 3.) Stir in the flour, salt and a little of the milk into the margarine and mix well together forming a smooth paste free of lumps.
- 4.) Boil balance of milk \pm 3 minutes.
- 5.) After boiling the milk remove milk from Microwave Oven and gradually stir the milk into the above mixture mixing well until the mixture is diluted and free of lumps.
- 6.) Place the mixture back into the Microwave Oven and cook on FULL power for \pm 1 minutes to thicken sauce.
- 7.) Stir after cooking. Place on one side.

Salmon

- 1.) Using a suitable container place the onion and margarine into the container and cook on FULL power for \pm 3 minutes.
- 2.) Drain Salmon. Remove skin and large bones.
- 3.) Flake Salmon.
- 4.) Add the cooked onion, salmon, parsley, lemon juice, salt and pepper, and beaten eggs to the white sauce. Mix well together.
- 5.) Grease the moulds. Place the mixture into the moulds, distributing the mixture evenly into each mould.
- 6.) Cook on FULL power \pm 6 minutes.
- 7.) After cooking, remove moulds from oven, turn moulds upside down, pat moulds, allowing salmon moulds to drop out.
- 8.) Garnish with sliced/chopped lettuce, tomatoes, cucumber (salad dressing).
- 9.) Serve.

Gravies, Sauces and Dips

Chicken Taco Dip.

Ingredients:

1 package taco season mix 1 package cream cheese
1 can cream of chicken soup 1 can chicken
Hot peppers

Preparation & Cooking Instructions:

Add the can of chicken and the hot peppers, to taste, in large microwave-safe dish.

Add all ingredients.

Microwave on High approximately 10 minutes.

Remove from microwave and stir contents together, forming a thick paste.

Serve hot with side of tortilla chips and hot peppers.

Micro Brown Gravy.

250 ml dripping from meat, use water to make up

12,5 ml Snowflake flour

10 ml gravy powder

Method:

- 1.) Combine flour and gravy powder.
- 2.) Add 50 ml of the stock to the flour to form a smooth paste.
- 3.) Boil balance of liquid. - 2 minutes on HIGH.
- 4.) Gradually add hot liquid to paste.
- 5.) Cook on HIGH for 1 minute until thick.
- 6.) Season.

Micro White Sauce.

25 ml margarine

37,5 ml flour

1 ml salt

250 ml milk

Method:

- 1.) Place the margarine into a suitable container and cook on FULL power until melted.
- 2.) After cooking remove dish from Microwave Oven.
- 3.) Stir in the flour, salt and a little of the milk into margarine and mix well together forming a smooth paste free of lumps.
- 4.) Boil balance of milk \pm 3 minutes.

- 5.) After boiling the milk remove milk from Microwave Oven and gradually stir the milk into the above mixture mixing well until the mixture is diluted and free of lumps.
- 6.) Place the mixture back into the Microwave Oven and cook on FULL power for \pm 1 minutes to thicken sauce.
- 7.) Stir after cooking. Place on one side.

Sweets.

Marshmallows In The Micro.

Ingredients:

15 g (25 ml) gelatine	20 ml cold water
440 g (525 ml) castor sugar	250 ml hot water
toasted coconut or icing sugar	5 ml vanilla essence

Method:

- 1.) Soak gelatine in cold water for 3 to 4 minutes.
- 2.) Mix into hot water and sugar.
- 3.) Microwave for 5 minutes on HIGH then stir well.
- 4.) Microwave for 6 to 7 minutes on HIGH.
- 5.) Add vanilla and allow to cool.
- 6.) Beat with an electric beater until thick and white.
- 7.) Pour into a 23 x 23 cm glass dish and leave to set.
- 8.) Cut into squares and roll in icing sugar.

Variation:

Add colouring if desired.

Vanilla Fudge In The Micro.

Ingredients:

1 x 397 g tin sweetened condensed milk (full cream)	
500 g icing sugar	125 g (135 ml) butter
5 ml vanilla essence	

Method:

- 1.) Place ingredients in a large bowl.
- 2.) Microwave on HIGH for 2 minutes.
- 3.) Stir until butter has melted and ingredients are thoroughly mixed.
- 4.) Microwave on HIGH for 10 minutes. Stir every 2 minutes,

then beat mixture until thick.

5.) Pour into a greased container and allow to set.

6.) Cut into squares.

7.) Enjoy.

Micro Peanut Butter Fudge.

This fudge is as easy as 1-2-3.

Make up a few batches for easy gift giving!

Makes: 24 pieces.

1 cup (2 sticks) butter, plus additional butter for greasing pan

1 cup creamy peanut butter 1 teaspoon vanilla extract

3 1/4 cups powdered sugar

Method:

1.) Grease a 20 cm square pan with butter and line it with wax paper; set aside.

2.) Place the butter and peanut butter in 2 litre microwave-safe bowl. Microwave it on **HIGH** for 1 1/2 minutes until the butter is melted and bubbles. Stir, mixing well.

3.) Return the bowl to microwave. Microwave on **HIGH**, 1 1/2 additional minutes.

4.) Stir in vanilla extract; mixture will begin to bubble up sides of bowl.

5.) Add powdered sugar; stir until thickened and well blended.

6.) Spread fudge mixture into prepared pan and smooth over the surface.

7.) Place a piece of wax paper over surface of fudge. Refrigerate 1 to 2 hours or until firm.

8.) Cut into squares.

9.) Store fudge in airtight container at room temperature.

Micro Chocolate Nutty Clusters.

Kids gobble up these fun sweet treats.

So make some more, as the recipe is easy to double!

Makes: about 20 clusters.

1 cup milk chocolate morsels

1 tbsp. peanut butter

2 cups chow mein noodles

1/4 cup cocktail peanuts

Method:

- 1.) Line baking sheet with wax paper; set aside.
- 2.) Place chocolate morsels and peanut butter in 2 litre microwave-safe bowl.
- 3.) Microwave on **HIGH**, 1 1/2 to 2 minutes, stirring every 30 seconds or until chocolate is melted and smooth.
- 3.) Stir in chow mein noodles and peanuts, mixing until coated.
- 4.) Using a tablespoon, drop chocolate mixture onto wax paper.
- 5.) Refrigerate 1 hour or until chocolate hardens and clusters become firm.
- 6.) Remove from the refrigerator; store at room temperature in airtight container.

Timing Tip:

When melting chocolate in the microwave, always stir every 30 seconds to prevent the chocolate from overheating or burning along the edges. Chocolate morsels usually hold their shape when melted.

Cookware Tip:

Make certain that all utensils and the bowl are completely dry and free of any water droplets. Water can cause the melted chocolate to “seize” and become gritty or hardened.

Tips.

Using Your Microwave Oven.

To stop the oven

There are two way to stop the oven whilst it is in use.

1.) Press the 'stop/clear' button. - You can restart the oven by pressing the 'start/go' button.

Pressing the 'stop/clear' button again will reset the current program.

2.) Open the door - You may restart the oven by closing the door and pressing the 'start/go' button.

Pressing the 'stop/clear' button will cancel the current program.



tips and information

- Preferably use round or oval casseroles with lid when cooking in your microwave oven.
- Cover the food when cooking it. Use a glass lid, a plate or grease proof paper.
- Pastry, bread and the like can be defrosted directly in a bread basket or on a paper towel.
- If frozen food is heated in its packaging, the packaging should be opened. Packaging containing metal or metal decoration must not be used unless specifically recommended for use in the microwave oven. Remove metal clips and wire ties.
- Put large, thick pieces close to the edge of the casserole and try to cut the food into even sized pieces. Always place the food in the centre of the microwave oven.
- The food will be evenly cooked if you stir or turn it a few times during cooking.
- Always set a shorter cooking time than indicated in your recipe to avoid over cooking.
- Use little or no water for vegetables.
- Use less salt and spices than for 'normal' cooking.
- Allow a few minutes standing time after the oven has switched off to ensure complete and even cooking results.
- Always ensure food is sufficiently cooked throughout before serving.

- Use pot holders or gloves when taking the dishes and food out from the oven as they will be hot.
- After a cooking cycle is finished there is often extensive humidity in the microwave oven cavity. If the door is left closed after the cooking cycle is finished this humidity can on built-in models create condensation on the upper parts of the stainless steel frame. In order to vent out this humidity and not create condensation the microwave oven fan is programmed so it continues operating. The duration of the fan operation is dependent on the length of the cooking cycle. If you open the door after the cycle is finished the fan will stop operating immediately since the humidity will be vented out through the door.

Softening honey

If you have a jar of honey which has crystallized, remove lid and place the jar into the microwave oven, microwave it on medium power for 2 minutes.

Melting chocolate

Break 100 g of chocolate into squares, place in a bowl and heat on high power for 1-2 minutes and stir well.

Softening or melting butter

Melting takes a few seconds on high power. Softening is best done on low power.

Freshen or warm bread

Use medium power for a few seconds.

Peeling garlic easily

Heat 3 or 4 cloves of garlic on high power for 15 seconds.

Squeeze at one end until the clove pops out.

Fruit juice

Citrus fruits will yield more juice if they are heated on high power for 15 seconds before squeezing.

Care and cleaning of your microwave oven

The appliance must always be kept clean. Deposits that are allowed to remain on the oven could affect the performance and safety of the appliance.

Cleaning the accessories

Clean accessories with mild detergent after removing them from the cavity. The turntable support should be carefully handled.

Cleaning the interior

Always keep the inside of the oven clean. Wipe up spill overs and food spatters immediately. Use a mild, liquid detergent, warm water and a soft, clean cloth to remove deposits.

Cleaning the grill element

The element may be stained with spattered fat or oil while the oven is in use. Wait until the cavity cools down and wipe off the spattered oil before next using the appliance. Stains on the grill may cause unpleasant odours and smoke.

Cleaning the exterior

Open the microwave door when cleaning the control panel. This will prevent the appliance from being turned on accidentally. You should clean the outside surfaces of the microwave oven with mild liquid detergent and warm water, followed by a wiping with clean water to remove any excess detergent. Dry with a soft cloth. Spray-on window cleaners or all-purpose spray-on kitchen cleaners can also be used.

To prevent damage to the working parts, do not allow water to seep into ventilation openings.

To loosen difficult deposits, boil a cup of water in the oven for 2 or 3 minutes.

To remove odours from the oven interior, boil a cup of water plus 2 tablespoons of lemon juice for 5 minutes.

NEVER use abrasive cleaners, scouring pads or any harsh chemicals on the outside surfaces of your appliance.

DO NOT use harsh abrasive cleaners or sharp metal scrapers to clean the microwave oven door glass since they can scratch the surface, which may result in shattering of the glass.

BE SURE the oven is disconnected from the electricity supply before cleaning.

DO NOT use a steam cleaner to clean this appliance.

BE CAREFUL - The turntable motor is sealed. Nevertheless, be careful to avoid water penetrating under the turntable spindle when the bottom of the oven is being cleaned.

DO NOT change or make any adjustments or repairs to any part of the microwave oven.

**Compiled By
Homart - Phantom**